

LET ME BE BRAVE

Transgender people's experiences of sport participation
in Scotland – resource training notes



Using the LET ME BE BRAVE resource

LET ME BE BRAVE is a 10 minute film by LEAP Sports Scotland, showing transgender¹ people's experiences of taking part in sport and the importance of sport in their lives. Using this resource can help you to:

- > raise awareness of the needs and experiences of trans people within your club or sport
- > ensure that your club or sport is an inclusive environment for trans people
- > meet the requirements for the Equality Standard for Sport²
- > deliver on your commitments under the Scottish LGBT Sports Charter³

To help you to use the resource, we have taken some of the key points from the film and created some focus questions, allowing you to explore the issues in more depth. The questions are mainly reflective, and the answers to these will differ between sports and clubs.



Lewis talks about the motto of the Special Olympics which is where the name of the film comes from. He says that it isn't fair when people are prevented from realising their dreams and ambitions.

- > Why do you think Let Me Be Brave was chosen as the name of the film?
- > Do you think sport is accessible to everyone?

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Charlotte says that sport brings home your body differences and it can often be easier to just opt out. She also goes on to talk about the kinds of barriers which might stop trans men and trans women from taking part in sport.

- > What do we mean by trans, trans man and trans woman?
- > What sorts of barriers to taking part in sport are raised in the film?
- > Where do these barriers come from?
- > What sorts of barriers do you think trans people could experience in your sport or club?



1/ We use the terms 'trans' and 'transgender' as umbrella terms to indicate the wide diversity of people who experience their gender identity and/or gender expression as differing from the gender they were originally assigned at birth.

2/ <http://www.equalityinsport.org/equality-standard-for-sport/>

3/ <http://www.equality-network.org/sports-charter/>

Mat talks about the relationship between sport and good mental health and wellbeing. He also refers to the difficulties that can occur in a sports environment where there is no knowledge or understanding of trans issues.

- > Have you seen other examples of the impact of sport on mental health?
- > Do people in your sport or club know what to do to create an inclusive environment for trans people?
- > How safe and welcoming an environment is your sport or club for trans people?



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Gina says that she'd have no issue about sharing changing rooms with a team but she'd be worried that they might. She also raises the issue that people tend to look for role models, people who visibly lead the way from high performance to community sport.

- > How might we respond to the concerns of others about trans people being part of the team?
- > What other ways is leadership shown, or could be shown, on these issues within your sport or club?
- > What people or practices have inspired you within your sport or club?



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Sam tells us about having to negotiate with his school to work out how to play with the rugby team. He also talks about how he can feel like he's losing interest.

- > What kind of support do you think Sam might need to continue his interest in sport?
- > What criteria would trans people have to meet in order to take part in your sport or club and is this clear in your policy?



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Freya highlights the importance of a sport being explicitly clear that it is inclusive to all. They also raise a point about the importance of involving transgender athletes in helping to develop a sport's knowledge of the issues which then helps to inform inclusion policy.

- > How does your sport or club let trans people know that they are welcome to attend and play?
- > What is your sport or club's policy in relation to the inclusion of trans people?
- > How do you know you've got your policy right?



These questions are not exhaustive and merely provided as a starting point for your discussion. If the film or questions raise issues for you, your club or your sport which you'd like to discuss further, or if you would like to talk about further training or support in relation to these issues, please get in touch with us at info@leapsports.org

Background

In the process of delivering training to the sports sector, it became apparent to us that there was a general lack of awareness of the issues that transgender people face in sport. Feedback from training also told us that whilst issues around sexual orientation in sport were becoming better understood and participants were gaining confidence, the same could not be said for gender identity or gender reassignment. It became clear that the same learning was emerging from equalities research being conducted by sportscotland and the Equality and Human Rights Commission, which was published in January 2016⁴.

The idea for the film emerged as we tried to work out ways in which to provide resources to the sports sector to help them to better understand these issues. We worked with film-maker Asten Holmes Elliott and with Scottish Transgender Alliance in order to come up with the concept. The people who take part in the film are all individuals who were known to us through our various networks.

With thanks to Asten Holmes Elliott for making the film, to Scottish Transgender Alliance for support and advice, and to sportscotland and Awards for All Scotland for funding the film.

4/ <http://www.sportscotland.org.uk/media/1886385/Equality-and-Sport-Research-Final-Report.pdf>



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sports
SCOTLAND

www.leapsports.org info@leapsports.org

LEAPsports.org @LEAPsports

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